

QUARTER 4 GROUP FITNESS CLASSES

SEPTEMBER 30 - DECEMBER 13

MON	TUES	WED	THU	FRI
11:15-12:15 Yoga for Stress & Flexibility-Gwen 240 Parsons Ave Fitness Rm 1	11:30-12:15 Fit & Functional-Brian 240 Parsons Ave Fitness Rm 6	11:30-12:30 Yoga for Stress & Flexibility-Lori 1111 E Broad St Floating 13	11:30-12:30 Incinerate-David 240 Parsons Ave Fitness Rm 19	11:30-12:00 Meditation-Gwen 77 N Front St Conf Rm 142 23
12:30-1:30 Yoga for Stress & Flexibility-Gwen 240 Parsons Ave Fitness Rm 2	11:30-12:30 Yoga for Stress & Flexibility-Gwen 3639 Parsons Ave Rm 101 7	11:30-12:30 Yoga for Stress & Flexibility-Gwen 77 N Front St STAT Rm 14	12:00-1:00 Yoga for Stress & Flexibility-Betsy 1250 Fairwood Ave Rm 182 20	11:30-12:15 Tabata-David 240 Parsons Ave Fitness Rm 24
11:30-12:30 Strength Training-Kristi 3639 Parsons Ave Gym 3	11:30-12:30 Adult Recess-Charles 77 N Front St STAT Rm 8	11:30-12:00 Meditation-Betsy 240 Parsons Ave Fitness Rm 15	4:00-5:00 Total Body Blast-David 3776 S High St COAAA 21	
11:30-12:30 Yoga for Stress & Flexibility-Lori 77 N Front St STAT Rm 4	1:00-2:00 Yoga for Strength-Gwen 240 Parsons Ave Fitness Rm 9	12:30-1:00 Meditation-Betsy 1250 Fairwood Ave Rm 0039 16	5:00-6:00 Hip Hop Dance Fusion-Jonika 77 N Front St Basement 22	
4:00-5:00 HIIT-Kristi 910 Dublin Rd Auditorium 5	3:30-4:30 Boot Camp-Kristi 3776 S High St COAAA 10	4:00-4:45 Body Basics-Kristi 910 Dublin Rd Auditorium 17	<div> REGISTER FOR YOUR CLASSES PRIOR TO ATTENDING! columbus.gov/hr/healthy-columbus/wellness-program/Group-Fitness-Classes/ </div>	
	5:00-6:00 Cardio Kickboxing-Kristi 240 Parsons Ave Auditorium 11	5:00-6:00 Hip Hop Dance Fusion-Jonika 240 Parsons Ave Fitness Rm 18		
	5:30-6:30 Yoga for Stress & Flexibility-Lori 3776 S High St COAAA 12			

NOTES

No classes on:

Monday, October 14th-Columbus Day
(only FOP and IAFF)

Monday, November 11th-Veteran's Day

Thursday, November 28th-Thanksgiving Day

Registration for Quarter 1 opens
on Monday, December 16th.

Group fitness instructor/s or Healthy Columbus staff
will communicate any class changes (cancellations,
room changes, etc.) via email.

Visit columbus.gov/healthycolumbus/groupfitness
for class descriptions
and intensity levels or
flip this sheet over.

FEATURED

EDUCATION CORNER



ECONOMICS BEHIND GROUP FITNESS

Over the past several years, the commercial gym business started from \$25 to 40 monthly memberships providing you access to cardio, strength training, and free group fitness classes. Now, the average price of specialty group fitness gyms range from \$50 to 150 per month. Yoga studios range in price from \$50 to \$100 per month. No matter the format, most "drop ins" cost upwards of \$15 to 25 per class. Take advantage of the FREE opportunities you have available to be healthy here at the City.

INSTRUCTOR SPOTLIGHT



CHARLES GIBSON

Charles has been a fitness professional for more than 18 years, working as a Group Fitness Instructor, Thai Yoga Massage Practitioner, Personal Trainer, and Track & Field Coach. It was while serving in the Marine Corp Reserve when he discovered his love for fitness. Since then, he has led an active lifestyle incorporating dance and yoga into his fitness regimen. With consistency and support, Charles provides people of all ages the opportunity to have better health and live a more fulfilled life. He teaches Adult Recess on Tuesdays at 77 N. Front St. from 11:30-12:30PM.

CLASS DESCRIPTIONS*

Adult Recess (all levels)-Remember the things you might have done on a playground during recess? Adult recess takes some of those same movements and incorporates them into a workout. Ready to feel like an active kid, again?

Body Basics (beginner to intermediate)-Body Basics is designed to slowly transition you from fitness novice to intermediate. You will learn different combinations of exercises to tone and create long lean muscle.

Boot Camp (intermediate to advanced)-This class will work on building strength, endurance and power by combining compound movements and extended rest periods.

Cardio Kickboxing (all levels)-This class will be a total body fitness experience using punching, kicking, and jabbing. Punching gloves and pads, cardio and core training will be incorporated.

Fit & Functional (all levels)-This class will incorporate functional training that will use body weight, stretching, and yoga moves, combined with jump rope, and other movements. It will be a full body workout each week!

Tabata (advanced)-Tabata involves short bouts of explosive interval moves done for 20 seconds each for eight rounds, with a 10-second break between each round. It can burn up to 15 calories a minute-and double a person's metabolic rate for 30 minutes afterwards.

HIIT (intermediate to advanced)-High Intensity; fast paced workout designed to increase endurance and strength by incorporating short rest periods with high tempo work periods.

Hip Hop Dance Fusion (all levels)-This class is a full-body, high energy dance class that is a fun and diverse way for you to get the exercise you need. Each class will vary ensure you receive optimal results.

Incinerate (intermediate to advanced)-Train every part of your body with free-weights, cardio, and core exercises. The class incorporates body resistance, circuit/station training, and high intensity cardio.

Meditation (all levels)-We explore different techniques using the breath and guided mediation techniques to practice together. Class is 30 minutes and you come away de-stressed, relaxed, and refreshed.

Strength Training (all levels)-Instructor led weight training designed to help improve strength and endurance by adding dumbbells and other equipment into a workout.

Total Body Blast (intermediate to advanced)-Push yourself to a whole new level with this total body blast workout! This class combines mid-to-high intensity cardio moves, specific muscle conditioning, and a rippling ab blasting experience to leave you feeling more strong and fit.

Yoga for Strength (intermediate to advanced)-This is a faster paced Yoga class that focuses on building strength while emphasizing balance & stability through more Sun Salutations, Balance Poses, and a few inversions for fun.

Yoga for Stress & Flexibility (all levels)-Moves at a slower pace focusing basic poses and calming the mind and body. A few minutes of quiet meditation brings the class to an end. The student is revived and energized and ready to continue the work day.

**all classes can be modified to meet the needs of each participant*

Have further questions?

Please email Jacob Hittle at jthittle@columbus.gov.